

Summary of Group Guidelines adapted for Zoom meetings

(Zoom specific items *in blue*)

1. Group is to be a confidential and safe place (what is said here or heard here remains here!!!)
Meetings are not recorded
2. Talk only about yourself
3. In Participation, we try not to intellectualize or preach, share our strength, hope and experience to the best of our ability
4. Do not interrupt someone else's sharing
Use "Mute all" feature. Only unmute people when it's their turn to speak
5. If you wish to speak, raise hand to be recognized by the leader
Use Zoom "Raise Hand" feature - or use traditional "Raise Hand".
6. Limit sharing to 3-5 minutes so all can have time to share.
Divide time between number present. Consider having a person volunteer to be timer / have a timer on the screen. (Group decision)
7. No "Cross-Talk please! (Cross talk is when individuals engage in conversation excluding others)
 - a. Do not make comments or give opinions about what other people share
 - b. Do not give advice (share your own experience)
 - c. Do not sermonize
8. We are here to support one another not FIX another.
9. No foul language